



What's Your Learning Style?

Name: _____

Learning styles are simply different approaches or ways of learning. Each of us learns and processes information in our own special way. Knowing your own style also can help you to realize that other people may approach the same situation in a different way from your own.

To gain a better understanding of yourself as a learner you need to evaluate the way you prefer to learn. Answer each question of this assessment as honestly as you can.

When you are finished answering the questions you will see very quickly what your best method of learning is.....whether you are a visual, auditory, or tactile/kinesthetic learner. By this we mean, whether you learn best through seeing things, hearing things, or doing things.

Learning Styles Quiz

For these questions, choose the first answer that comes to mind and check A, B, or C. Do not spend too much time thinking about any one question.

1. When you study for a test, would you rather
 - ☐ a) read notes, read headings in a book, and look at diagrams and illustrations?
 - ☐ b) have someone ask you questions, or repeat facts silently to yourself?
 - ☐ c) write things out on index cards and make models or diagrams?
2. Which of these do you do when you listen to music?
 - ☐ a) daydream (see things that go with the music)
 - ☐ b) hum along
 - ☐ c) move with the music, tap your foot, etc.
3. When you work at solving a problem do you
 - ☐ a) make a list, organize the steps, and check them off as they are done?
 - ☐ b) make a few phone calls and talk to friends or expert?
 - ☐ c) make a model of the problem or walk through all the steps in your mind?
4. When you read for fun, do you prefer
 - ☐ a) a travel book with a lot of pictures in it?
 - ☐ b) a mystery book with a lot of conversation in it?
 - ☐ c) a book where you answer questions and solve problems?
5. To learn how a computer works, would you rather
 - ☐ a) watch a movie about it?
 - ☐ b) listen to someone explain it?
 - ☐ c) take the computer apart and try to figure it out yourself?
6. You have just entered a science museum. Which will you do first?
 - ☐ a) find a map of the museum, showing the various exhibits.
 - ☐ b) talk to a museum guide and ask about the exhibits.
 - ☐ c) go to the first exhibit that looks interesting and read directions later.

7. What kind of restaurant would you rather NOT go to?
- ☐ a) one with lights too bright.
 - ☐ b) one with music too loud.
 - ☐ c) one with uncomfortable chairs.
8. Would you rather go to
- ☐ a) an art class?
 - ☐ b) a music class?
 - ☐ c) an exercise class?
9. What are you most likely to do when you are happy?
- ☐ a) grin.
 - ☐ b) shout with joy.
 - ☐ c) jump for joy.
10. If you were at a party, what would you be most likely to remember the next day?
- ☐ a) the faces of the people there, but not the names.
 - ☐ b) the names but not the faces.
 - ☐ c) the things you did and said while you were there.
11. When you see the word d-o-g what do you do first?
- ☐ a) think of a picture of a particular dog.
 - ☐ b) say the word "dog" to yourself silently.
 - ☐ c) sense the feeling of being with a dog (petting it, running with it, etc.).
12. When you tell a story, would you rather
- ☐ a) write it?
 - ☐ b) tell it out loud?
 - ☐ c) act it out?
13. What is most distracting for you when you are trying to concentrate?
- ☐ a) visual distractions.
 - ☐ b) noises.
 - ☐ c) other sensations like tight shoes, hunger, or worry.
14. What are you most likely to do when you are angry?
- ☐ a) scowl.
 - ☐ b) shout or blow-up.
 - ☐ c) stomp off and slam doors.

15. When you aren't sure how to spell a word, which of these are you most likely to do?

- ☐ a) write it out to see if it looks right.
- ☐ b) sound it out.
- ☐ c) write it out to see if it sounds right.

16. Which are you most likely to do when standing in a long line?

- ☐ a) look at the things around you.
- ☐ b) talk to the person next to you.
- ☐ c) tap your foot or move around in some other way.

Scoring Procedures

Count up the number of checks you have for Letter A: _____

If you have the most checks in this area, you are a VISUAL LEARNER.

Count up the number of checks you have for Letter B: _____

If you have the most checks in this area, you are an AUDITORY LEARNER.

Count up the number of checks you have for Letter C: _____

If you have the most checks in this area, you are a TACTILE/KINESTHETIC LEARNER.

Turn to the next pages to find out how you can use this information to become a better learner.

Making Your Learning Style Work for You

To help you improve your attitude toward learning and increase your productivity and creativity, it is important to know your learning style. Once you have figured out the best way you learn, you can use specific strategies to fit into your way of learning. For example, if you are a visual learner, you could use a highlighter when reading a text book. The bright color would appeal to your artistic sense and help you concentrate on the reading. Here are some more practical suggestions for each learning style.



Visual Learners learn through seeing:

- Use visual materials such as pictures, charts, maps, graphs, etc.
- Have a clear view of your teacher when they are speaking and/or sit near the front of the room.
- Use a colorful highlighter to point out important information in your reading or notes.
- Take notes or ask your teacher for handouts.
- Use multi-media (computers, videos).
- Study in a quiet place away from verbal distractions.
- Read illustrated books.
- Take time to visualize or "see" information as a picture to aid in memorization.
- Write a story and illustrate it.
- Copy information in your own handwriting.
- Always be prepared with pen and paper.
- Pay attention to the details of pictures.



Auditory Learners learn through listening:

- Participate in class discussions and debates.
- Make speeches and give demonstrations.
- Read text out loud to understand new information and express ideas.
- Work with a tutor or a study buddy.
- Create rhymes, jingles or songs to help remember specific facts.
- Written information may have little meaning until you actually hear it.
- Use a tape recorder instead of taking notes or make tapes of your class notes and listen to them.
- Discuss your ideas verbally (talk out your ideas with others).
- Verbally (speaking) explain information to someone/imaginary person.



Tactile/Kinesthetic Learners learn through moving, doing and touching:

- Take frequent "stand up and stretch" breaks.
- Work in a standing position.
- Chew gum while studying.
- Use bright colors to highlight reading material.
- Draw pictures of what you need to learn.
- It might help you concentrate by listening to music while you study.
- Skim through reading material to get a rough idea what it is about before settling down to read it in detail.
- Create study tools that you can move around with your hands: flash cards, charts, or diagrams that you can cut apart and reassemble like a puzzle.
- Type your notes.
- Talk and walk as you practice learning information.
- Build projects to help explain your ideas.
- Write notes to yourself to help you remember things.

Effective Study Techniques for All Learning Styles

- When reading a text-book read the summary first to get the general idea of what you are about to learn.
- Study or read for 25 minutes then take a 5 minute break (you lose 85% of what you read after 25 minutes of studying)
- Study in an environment comfortable for you....but not on your bed....you'll fall asleep!